

DBT GROUP FOR ADOLESCENTS

Does your teen struggle with any of the following Challenges:

- Feeling Sad or Angry Often
- Severe Mood Swings
- Low Self-Esteem
- Self-Abusive Behaviors
- Impulsive Behaviors
- Destructive Behaviors
- Legal Charges
- Substance Abuse
- Poor Relationships with Friends & Family



What is DBT & How can it Help?

Dialectical Behavior Therapy (DBT) combines cognitive behavior therapy with concepts derived from Zen Buddhism. The combination utilizes techniques that assist with emotion regulation, acceptance, distress tolerance, and mindfulness exercises. These powerful techniques can help your teenager learn how to cope with intense feelings and struggles within their daily life.

DBT will Teach Your Teenager Skills To:

- Cope with Painful Experiences or Difficult Situations
- Increase Self-Worth and Self-Acceptance
- Decrease Self-Harming Behaviors
- Have More Control and Awareness of His/Her emotions
- Learn Healthy Boundaries and Assertiveness
- Establish and Maintain Healthy Relationships

Who: Adolescents Ages 13-17
Where: Counseling Innovations
130 Vann St. NE Suite 220
Marietta, GA 30060
When: Tuesday Evenings
6:00 - 7:15 pm Open Enrollment
Leader: Ashton Mosteller, BA
Cost: \$25.00 per Group/
Initial Screening Interview
12-Week Commitment

Register: Please call 678.919.1077

www.counselinginnovations.net

